



HERITAGE

Bounteous October

Ester M Peterson

October now at last has come,
with all her bounteous store,
to greet us one in all again
as oftentimes before.

Her pumpkins are all golden heap, her apples, rosy red,

and leaves are many hues and shades
around us she has spread.

The sumac's crimson leaves look bright;

The black oak's leaves are brown.

Their colors seems to harmonize
as they come drifting down.

The corn stocks wave their yellow tops
and full-grown ears appear;

Oh, what can be more glorious

Than this time of the year?



Please join us on Wed., October 8 at
10:15 am for a presentation by the
Cancer Center at Lowell General

Breast cancer is the most common
cancer for women in the US today.

1 in 8 women will have breast cancer at some
time in their lives.

If treated early, there can be a 95% survival rate!

Inside

- 2 Contacts
- 3 Day & Overnight Trips
- 6 Doctor's, Nurse's & More!
- 10 Calendar Events
- 12 Lunch Menu
- 14 Puzzles & more...

The City of Lowell Health
Department Adult flu clinic
Thursday, October 2nd from
1-4pm. Lowell Health Dept.
341 Pine Street, Lowell, MA
(978) 674-4308 . Please bring
all insurance cards with you.



Officer Brian Kinney
& his beloved k9
partner

"Bruno" (pictured on
left-from last July's
visit to the senior
center). The Lowell
Senior Center would
like to say "goodbye
& thank you" for
spending time at the
senior center and
showing off the
great work you both
did together. K9
partner "Bruno" has

passed away, but, will remain in our hearts and
memories for many years to come. We send our
prayers and thoughts to Officer Kinney. God bless
you "Bruno"! We will miss you.

GRIEVE NOT FOR ME

Grieve not for me it has been ordained, that my
journey here be short. Grieve not for me for my
loyal presence will ever remain in your heart. I
was sent to be a guardian, for the guardians of
law in blue. A fearless, noble protector, with a
bond that few can construe. With character un-
shakable, and senses that are well heightened, I
was sent to be a defender, so that your burden
here would be lightened. Grieve not for me for in
heavenly blue, our reunion day will come. Grieve
not for me for as partners again, we will defend a
greater kingdom.

Author unknown

CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr..

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho

978-674-1170 ~ mramalho@lowellma.gov

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Receptionist: Tara Donnelly

978-674-1171 ~ tdonnelly@lowellma.gov

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**Events / Trips Coordinator:** Kathy Carroll

978-674-1169 ~ kcarroll@lowellma.gov

Monday-Friday 6 am to 2 pm

**Volunteer:** Sandra Breen

978-674-1176 ~ sbreen@lowellma.gov

Monday-Wednesday 6 am to 1 pm

~~~~~

Outreach Coordinator: Amy (Medina) Leal

978-674-1167 ~ aleal@lowellma.gov

Monday-Thursday 9 am to 4 pm

~~~~~

**Volunteer Coordinator:** Audrey McMahon

978-674-1166 ~ amcmahon@lowellma.gov

Tuesday-Thursday 10 am to 2 pm

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Minority Outreach Coordinator: Linda Hin

978-674-1173 ~ Lhin@lowellma.gov

Monday-Friday 9 am to 12 pm

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**Outreach Volunteer:** John R. Lawlor

978-674-1174 ~ Jlawlor@lowellma.gov

Monday-Friday ~ Appt.. Hrs. 10 am - 3:40 pm

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S H I N E (Serving Health Insurance Needs for Elders)

Joan Gong 978-674-1172

Monday appointments ONLY 10 am to 1 pm

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**Legal Services Assistance & Referrals**

For an appointment call

Tara at 978-674-1172 or 978-458-1465

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Pollard Library 978-674-8634**COA Library Annex** 978-970-4186

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**Lowell Senior Center Hours of Operation:**

Monday—Friday: Open 6:00 am to 4:00 pm

Lunch served at 11:30 am

Saturday—Sunday: Open 7:00 am until 12 noon

Breakfast and Lunch ONLY

**COUNCIL ON AGING****BOARD OF DIRECTORS***Joan Bedford**Eleanor Belanger**Joyce Dastou**Andrew Hostetler**John R. Lawlor**Sidney Liang**Vincenzo Milinazzo**Suellen O'Neill**William Sheehan, Chair*

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Next meeting:**TUESDAY, October 14th at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Dr. Joseph M. Downes Jr.

VICE PRESIDENT

Rita M. Mercier

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1172

Meetings held on last Friday  
of the month at 9:30 a. m.

Public welcome

Friday, Oct. 31st @ 9:30 am

**BINGO Committee**

Chairman — Lenny Gendron

Vice Chairman — Roland Thibeault

Treasurer — Claire Brodeur

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds if no insurance purchased. The office is now open from 6:00 a. m. to 2:00 p. m. Trip flyers available outside of 2nd floor office.

## DAY TRIPS

**October 10, Friday ... Scenic Railroad & Hart's Turkey Farm** Departs at 9:00 am

**October 22, Wednesday ... Cabaret Lulu at Old Sturbridge Village** Presents "Say It With Music" from the great shows of Broadway to down home blues & the sound of jazz, rock & roll, America sings & swings! Lunch & Show at the theater. Seasonal soup & turkey dinner or grilled salmon with potato & seasonal veggies; baked Indian pudding. Doors open at 11:30 am. Cost \$50.

**November 6, Thursday ... Andrews Sisters Tribute: "Letters from Home" at White's of Westport, RI.** This show takes you down memory land with hits like "Don't Sit Under the Apple Tree", "Rum & Coca-Cola", "Every Time We Say Goodbye", "Pistol Pack'n Mama", "Bei Mir Bist DuShon", "Shoo Shoo Baby" & Boogie Woogie BugleBoy; this high energy shows that will be honoring the men and women of our military. Doors open @ 11:30am. Lunch @ noon, choice of stuffed chicken breast or baked scrod. Leave from LCOA @ 9am. Departs for home at 3:30 pm. Cost \$65.

**November 10, Monday ... Twin Rivers Casino.** \$10 coin bonus. \$7 food voucher. Includes transportation: Cost \$30.

**November 13, Thursday ... "The Letterman" at Mohegan Sun.** Music & more! \$30 casino gaming package, \$20 free slot play or free bet & \$10 meal voucher. Includes transportation, driver's tip, show and ticket. Departure time TBD. Cost \$81.

**December 2, Tuesday ... A 50's & 60's Holiday Variety Show at White's of Westport, RI.** Featuring Don Who & A Tribute to Brenda Lee with Cil Bee. Celebrate the holidays with this variety show that will make you laugh & cry and want to see it over and over again. Songs include: Let It Snow, Jingle Bell Rock, Grandma Got Run Over by a Reindeer, Elvis' Blue Christmas, Rockin' Around the Christmas Tree, and many more! Bus leaves from LCOA at 9:15 am, doors open at 11:30 am, meal choice of chicken or scrod. Doors open at 11:30 am, show begins at 1:45 pm, depart for home at 3 pm. Cost \$50.

**December 4, Thursday ... Newport, RI Playhouse: "Lies, Cheat, & Genuflect."** Two young men – gamblers who never win - have a rich uncle who is leaving all his money to a niece who is a nun - whom he has never seen! The uncle dies, and one of the nephews arrives as the niece, dressed as a nun! Full Buffet, Cabaret & Transportation. Bus leaves from LCOA. Cost \$55.

## 2015

**April 17, Friday ... Bingo Bonanza at Wrights Farm Restaurant.** Prizes galore with gift cards & more! Including famous family style Chicken Dinner. Cost \$34.

**May 23, Saturday ... Newport RI Schooner & Mansion.** Visit the historic mansions of Newport RI along Ocean Drive before a tour at The Breakers, the "Grandest" of the summer homes. Enjoy the Days of sailing as you sail Newport Harbor aboard the classic schooner Madeleine. Cost \$109.

**August 26, Wednesday ... Portsmouth & the Gundalow Cruise.** The boats are shallow draft boats that were used to haul freight along the Piscatqua River. The boats have been recreated to provide educational tours. The boats are easily accessible and provide a fun way to learn about our maritime heritage. After the cruise enjoy lunch at the Common Man followed by a visit to Stonewall Kitchen, When Pig's Fly Bread sampling, & a photo op at Bubble Light. Cost \$89.

## OVERNIGHT TRIPS

**December 3-5, Wednesday—Friday ... A beautiful 3-day early Christmas at the spectacular White Mountain Hotel & Resort.** Package includes: Yuletide Welcome Reception, 2 nights deluxe ac-

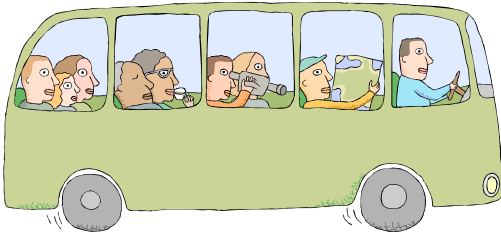
commodations, 5 great meals ordered off the menu served in Ledges dining room (2 breakfasts, 1 luncheon, 2 dinners), 3 different holiday entertainment shows in our Echo Ballroom, trip to the Rocks Estate in Bethlehem, shopping at tax free stores & specialty shops. A visit from Santa Claus and a Christmas gift! Taxes, gratuities, use of all hotel amenities including year round heated pool & Jacuzzi, health facilities, and game room also included. Check in at 3 pm, check out at 11 am. Cost \$405 dbl, \$505 sgl, \$385 trp.

**January 31-February 7, Saturday—Saturday ... MCS Divina Caribbean Cruise. See Flyer!**  
Passport required.

**June 7-13, Sunday—Saturday ... Southern Charm** featuring Historic Charleston in South Carolina, Savannah, Jekyll Island, and St. Simons Island in Georgia, St. Augustine & Jacksonville in Florida. 7 days, 9 meals (6 breakfasts, 3 dinners). Cost includes: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers. Trip includes guided tour, museums, gardens, & tram ride. Cost \$2,399 dbl, \$2,999 sgl, \$2,369 tpl. Book by December 8, 2014 and save \$100 per person.

**June 15-17, Tuesday—Thursday ... Boothbay Harbor.** Tour features include: round trip motor-coach transportation, 2 nights at Fisherman's Wharf Hotel with tax and baggage service, 2 breakfasts, 1 dinner, Cabbage Island clambake, Carousel theater with dinner & entertainment, Shipyard Brewery tour with tasting and Coastal Maine Botanical Gardens. Tye's Top Tour & Travel 1-800-374-6819. Cost \$349 dbl, \$429 sgl, \$339 tpl.

**October 28—November 4, Wednesday—Wednesday ... Irish Splendor** featuring Dublin, Blarney Castle, Killarney, Cliffs of Moher, and Dromoland Castle. 8 days, 10 meals (6 breakfasts, 4 dinners). Cost includes: round trip air from Logan Intl Airport, taxes, fees, surcharges, hotel transfers. Trip includes St. Patrick's Cathedral, Guinness Storehouse, Blarney Stone, beautiful landscapes, Whiskey Distillery. Cost \$3,149 dbl, \$3,549 sgl, \$3,119 tpl. Book by April 28, 2015 and save \$250 per person. Passport required.



### Roger's \$5.00 Trips

## Ages 60 to 101!

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

## October tickets on sale October 1st

3rd ...Friday .....Quincy Market, Boston  
6th ...Monday ...Topsfield Fair (Senior Day \$8)  
9th ... Thursday...Kimball's Farm, Westford, MA  
14th...Tuesday ... Grassfield's Restaurant & Shopping  
16th...Thursday...Café Luigi's & shopping, Bedford  
20th...Monday ... Longhorn & Pheasant lane Mall  
23rd...Thursday....Manchester, NH Mall  
28th... Tuesday ...Weathervane & Christmas Tree  
shop, Saugus  
30th...Thursday ...Salem, MA—Halloween

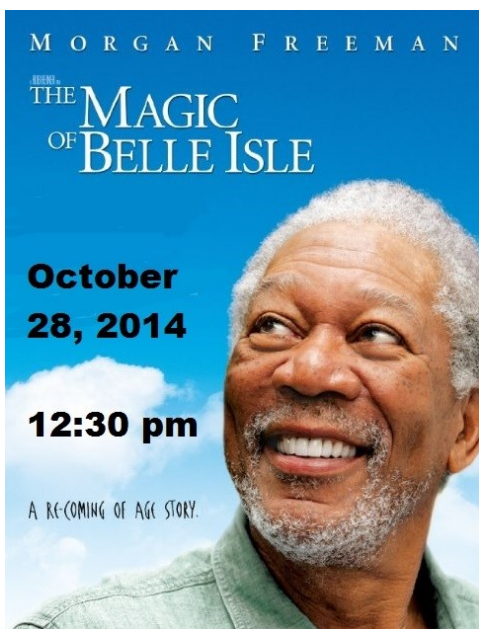
## **November tickets on sale October 31st**

3rd ... Monday ... Wrentham Outlets  
7th ... Friday .... Vanity Fair & 99 restaurant  
10th. . Monday ... Christmas Tree & Weathervane  
restaurant  
14th...Friday .... Quincy Market  
17th...Monday ... Hungry Traveler & Tom's Discount  
20th...Thursday ... Grand Buffet & Christmas Tree  
Shop  
24th...Wednesday . Frugal Fannies & Kitties  
restaurant

Limit (4) four tickets per person per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.





## Card Making Class

Wednesday,  
October 15th  
9:30 am



First come, first served basis. RSVP to reserve your spot. See Tara.



**75th Anniversary!**  
**Tues, Oct. 14 12:30 pm**  
**Snacks & Drinks served**

The next quarterly meeting of the Massachusetts Manufactured Homes Commission is Tuesday, October 21, 2014 10:00 am to 12:00 pm at the Peabody Council on Aging, on 79 Central Street, Peabody. If you wish to be on the agenda or submit any written correspondence, please contact: Sherri Sore, Recording Secretary.



Homelessness Conference: Homeless Youth. This Conference will be held on Friday October 31, 2014 from 8:30 AM to 2:00 PM EDT at the UMASS Inn & Conference Center 50 Warren Street, Lowell. The meeting will bring together practitioners, researchers, educators and the best practices from throughout the Commonwealth on issues related to youth homelessness. A Continental breakfast and lunch is included in the conference fee. Please register in advance.

If you have any questions about the event or how to register please don't hesitate to contact Linda King at [lking@lowellma.gov](mailto:lking@lowellma.gov), for assistance; and please share this invitation with anyone who you think would be interested. Thank you for your attention and response, and we look forward to seeing you at the conference! For more information call Linda at: 978-674-4252.



The Arts League of Lowell and Mill City Grows are collaborating on the Second Annual Scarecrow Festival, which will be held October

25 at the Mill City Grows Urban Farm at Mill No. 5. They are looking for donations (not loans) of materials for scarecrow making, which will then be distributed to artists, clubs and school groups.

They need: Stuffing, Old Clothing, Hats, Wigs, Colorful scarves, Fabric, 6' wooden stakes, String and Wire, or anything else you think might be useful! Contact Mary Hart to make your donation at [mjhart206@gmail.com](mailto:mjhart206@gmail.com). Thanks so much, and we hope you'll be able to attend the event! Please circulate this little ask. Thank you!



Cecile Martin who recently past away spent many years having good visits with her friends and having her dinner at the Lowell Senior Center, thanks to her daughter Claire who would transport her in, Cecil would have been 100yrs old she was recently honored by her family and her friends at a Friday afternoon social.



Left to right: Daughter Claire Vigeant, granddaughter Carol Vigeant, and nephew Ray Martin.

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. Gregory McNamara—Killer**

**Feet**—1st Friday of every month ONLY IF 5 or more people sign-up before the 1st Friday of that month. 1st come 1st served. 8-10 am

**Dr. George Potamitis from Pro-**

**Rehab**—Question and Answer sessions every Wednesday from 10:00—11:00 am

**Affordable Hearing with Christo-**

**pher Streeter**—Hearing Testing, Hearing Instrument Testing. 2nd Thursday of each Month from 9—11 am. Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month, please call 1-978-758-5378.

## Free Legal Seminar

Thursday, October 16th

1:00-3:00 pm

"At this free legal seminar, Elder Law Attorney Edward "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing home stay, how to avoid probate, plus strategies for passing assets safely and efficiently. In concert, Gregory Gagne will offer his top financial planning tips. This lively and engaging seminar is presented in everyday language, and there will be plenty of time for questions."

## Fallon Health Plan

Meetings will be held during the months of October and November, with Medicare's Annual Enrollment period running from October 15, 2014 to December 7, 2014, to provide information and answer questions about Fallon's Medicare Advantage and Medicare Supplement Plans. These meetings are a no-pressure opportunity to learn about options when you are, or will soon be, eligible for Medicare.

The dates, times and locations of those meetings are as follows:

Member Meetings:

Monday, October 6 @ 10am

Monday, November 3 @ 10am



Sales Presentations:

Monday October 20 @ 10am

Monday, November 17 @ 10am

Monday, December 1 @ 10am

These sessions are a great opportunity to learn more about Fallon's Senior Plan, but with no pressure to join.

## Getting Fit & Staying Fit



with Marian Silk

Mondays and Thursdays:

9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so we are out the door in one hour!)*

## YOGA

with Diana Kyricos

Mondays & Wednesdays 10-11 am

\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

[Diana@atmamoves.com](mailto:Diana@atmamoves.com)





**Mah-jongg**

Mondays

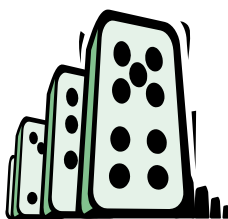
12:00—4:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**with Charlotte  
LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!

The Rotary Club  
of Lowell presents

# Harvest Dinner & Dance

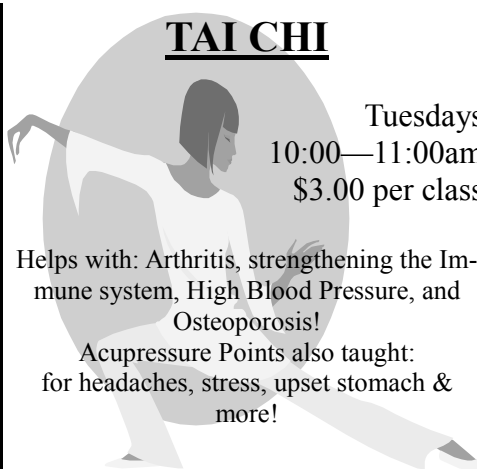
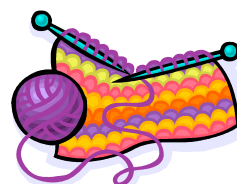
Tuesday, October 14  
11:00am–3:00pm at Lenzi's  
810 Merrimack Avenue, Dracut, MA

**\$15.00 per person**  
Tickets available at the Lowell Senior Center  
or by calling Tara Donnelly at 978-9704131

Full-course scrumptious fall dinner  
Dance contest with prizes  
Grand prize drawing

**Quilting  
Lessons**Newcomers' wel-  
come!Wednesdays  
12:30—3:00 pm**TAI CHI**Tuesdays  
10:00—11:00am  
\$3.00 per class

Helps with: Arthritis, strengthening the Im-  
mune system, High Blood Pressure, and  
Osteoporosis!  
Acupressure Points also taught:  
for headaches, stress, upset stomach &  
more!

**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pmNewcomers'  
welcome!





## 2ND ANNUAL FALL FUNDRAISER



Presented by

**HELPING HAND VETERANS FUND**

Thank our heroes while enjoying an evening of music, camaraderie, great food and fun!

**Saturday October 18, 2014**

**7 - 11 p.m.**

**P.A.V. Hall**

**201 Coburn Street**

**Lowell, Massachusetts**

**DONATION \$20.**

**(HHVF MEMBERS \$15.)**



**Music for your dancing pleasure provided by DJ Barney**

**Tasty food menu for all from Market Street Market**

**Many Pick N' Choose Raffles**

**Great silent auction items**

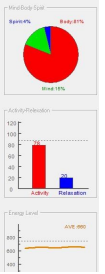
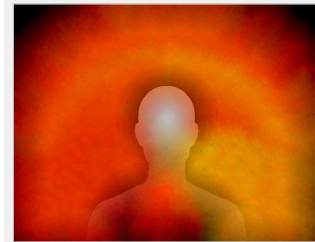
**And a few surprises!**

For more information:

**Roland C. Cartier, Jr., Veterans Specialist**  
**978-237-1487**

## BRAIN YOGA

Come join us and  
see a picture of your energy!



Stretch and relax your brain with  
fun games and activities!

2nd Tuesdays of the month  
at 11:00 am

## YOGA for VETs

with Diana Kyricos

Wednesdays

11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we  
cover meditation and movements  
for posture, flexibility, coordina-  
tion, and strengthening of the  
whole body.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

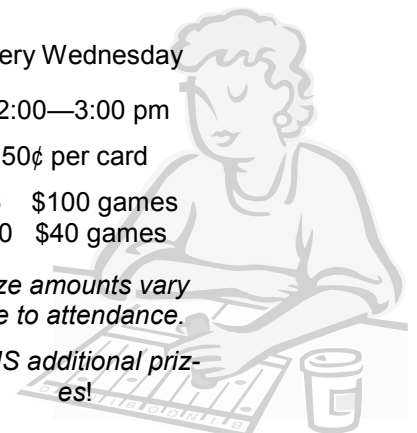
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary  
due to attendance.

**PLUS additional prizes!**



All Veterans are welcome to our complimentary Veterans breakfast held on the 2nd Friday of each month at 9 am. A vet is a vet regardless of war or age. From (WWII to the present). Speaker will be a representative from the local D.A.V.



### Elderly Water & Refuse Discount

The City of Lowell offers an elderly discount. Discounts are subject to the following:

1. The Applicant must be 65 years of age or older.
2. The Applicant must own and reside at the property which the discount will be applied to.
3. The property which the discount will be applied to must be a single family dwelling.

To apply for an elderly discount, please do the following:

1. Stop by the Water Department and complete the Elderly Water & Refuse Discount form, or ask at the Lowell Senior Center.
2. Complete the Opt Out of Refuse Discount form, only if you wish to maintain your 64 Gallon Toter, or stop by the Water Department for a copy.
3. Provide a copy of your birth certificate or passport.
4. Provide a copy of the deed to the property which the discount will be applied to, showing you as the owner.
5. Submit the completed form(s), copy of your birth certificate or passport, and copy of your deed to: City of Lowell Water Utility, 815 Pawtucket Boulevard, Lowell MA 01854.

If you have comments, questions, or concerns, please contact the Water Department directly at 978-674-4240.

### Flag Raising ceremony 911 remembrance. Patriot Day!

COA would like to thank



### Roland Cartier from Helping Hand Veterans Fund.



## Anxiety Support Group

with Steve Coupe

Fridays  
2:00—3:45 pm



## Fallon Senior Plan Meeting

Monday, October 20 @ 10am

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.



| MONDAY                                                                                                                                              | TUESDAY                                                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                  |                                                                                                                                                                                                                                                                               | 1.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                                                             | 2.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone B builders B<br><b>Lowell Health Dept. Adult Public Flu Clinic 1-4pm. 341 Pine Street. Please bring insurance cards.</b> | 3.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:00 Foot Doctor McNamara<br>9:30 Personal Computer/Tablet Assistance with Pierre<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00,<br>2-3:45 Anxiety Support Group with Steve Coupe        |
|                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                  | 8.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10:15-LGH Cancer Presentation<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo / <b>Tufts SCO . 1-4pm</b><br>1:30-3:30 Quilting Get together | 9.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>9-11 Hearing Aid Maintenance, equipment test & hearing test<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone B builders B                                              | 10.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Veterans Breakfast<br>9:30 Personal Computer/Tablet Assistance with Pierre<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00,<br>2-3:45 Anxiety Support Group with Steve Coupe         |
| <b>Columbus Day</b><br><br><b>SENIOR CENTER CLOSED</b><br><br> | 14.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8-10 LVNA Blood Pressure<br>8:30 CTI MTG—Mandatory<br>9-11:30 Dominoes<br>9am-COA BOARD MEETING<br>10-12 LPD drop-in<br>NO Country Line Dancing<br>10-11 Tai Chi \$3<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage/ <b>12:30 Wizard of Oz movie</b><br>12-3 Knitting & Crochet | 15.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>9:30 Card Workshop \$5<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                                  | 16.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>1pm-Ferber & Beasley Optimal Estate Planning<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                              | 17.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:30 Personal Computer/Tablet Assistance with Pierre<br>10-3 Halloween Dinner Dance<br>\$7-DJ Ray Tremblay-Pot Roast<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>2-3:45 Anxiety Support Group with Steve Coupe |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>20.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10-11 Yoga for Seniors \$5<br/>10-Fallon Insurance Mtg.<br/>10-Hula Dancing w/ Kim Stevens<br/>10-1 SHINE counselor—Call 978-674-1172 for appointment<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal</p>                                                           | <p>21.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12:30 LVNA Blood Pressure<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet</p>                                                             | <p>22.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>10-11 Yoga for Seniors \$5<br/><b>10- Joan Gong-Medicare Sem.</b><br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>23.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p>                                     | <p>24.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:30 Personal Computer/Tablet Assistance with Pierre<br/>10am-One World Prescription Program meeting<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00, DJ<br/>2-3:45 Anxiety Support Group with Steve Coupe</p>                                      |
| <p>27.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10-11 Yoga for Seniors \$5<br/>10-1 SHINE counselor—Call 978-674-1172 for appointment<br/>10am-Hula Dancing w/ Kim Stev<br/>10am-Medstrive Medical Equipment through Medicare<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 CTI Bone Builders B</p> | <p>28.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3 Brown Bag Pick Up ONLY<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet<br/>12:30-Movie-Magic of Isle</p> | <p>29.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>8:30-9:25 Getting Fit w/Marian Silk \$2<br/>8:30-9:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br/>10-11 Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p>                                        | <p>30.<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>10:30-Homecare with Joane Petra<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone Builders B</p> | <p>31.<br/>Happy Halloween!<br/>7-9 Breakfast Program with a suggested 50¢ donation<br/>9:30 Personal Computer/Tablet Assistance with Pierre<br/>9:30 Friends meeting<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:30-3:45 Trick or Treat-Candy!!!<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00, DJ<br/>2-3:45 Anxiety Support Group with Steve Coupe</p> |

# SPONSORS





# Lunch Menu



**Lunch is served at 11:30 am.** Sugar-Free Jell-O & 1% Milk is available daily. **Menu subject to change.**

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

|                                                                        |                                                                     |                                                           |                                                                                  |                                                                              |                                                                        |                                                                          |
|------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------|
|                                                                        |                                                                     |                                                           | 1. Salisbury steak, potato, corn, wheat bread, apricots                          | 2. Chicken patty, rice pilaf, carrots, wheat bread, peaches                  | 3. Florentine fish, potato, peas, wheat rolls, pudding, orange juice   | 4. Pork pie, potato, green beans, rye bread, pears                       |
| 5. Roast beef, potato, wax beans, wheat bread, fruit cup               | 6. Mac & cheese, stewed tomatoes, broccoli, wheat bread, pineapples | 7. Cheese lasagna, green beans, garlic stick, fruit salad | 8. Roast turkey, gravy, mashed potatoes, peas, stuffing, roll, pears             | 9. Chicken dip-pers, rice pilaf, carrots, wheat bread, orange juice, pudding | 10. Fish cake, scalloped potatoes, wax beans, rye bread orange         | 11. Hamburg & onions, potatoes, peas, wheat bread, cake, cranberry juice |
| 12. Meatloaf, gravy, mashed potatoes, peas, wheat bread, pears         | 13. Holiday<br><br>CLOSED<br><br>Columbus Day                       | 14. Hot dog & beans, roll, coleslaw, banana               | 15. Chicken leg, rice pilaf, peas & carrots, wheat roll, cranberry juice, cookie | 16. Stuffed peppers, wax beans, rye bread, mixed fruit                       | 17. Dinner Dance<br><br>Pot Roast                                      | 18. Baked ham, sweet potatoes, peas, wheat bread, yogurt.                |
| 19. Cheese ravioli, green beans, wheat roll, apricots                  | 20. Chicken a la king, rice, carrots, wheat bread, pudding, juice   | 21. Veal Patty, pasta, green beans, wheat bread, pears    | 22. BBQ beef rib, mashed potatoes, wax beans, wheat bread, pears                 | 23. Pork chop, scalloped potatoes, peas & carrots, rye bread, sherbet, juice | 24. Baked scrod, mashed potatoes, mixed veggies, wheat bread, apricots | 25. American Chop Suey, beets, garlic bread, cookie, juice               |
| 26. Roast pork, gravy, mashed potatoes, peas, wheat bread, mixed fruit | 27. Chicken croquette, rice pilaf, green beans, wheat roll, peaches | 28. Shepherd's pie, beets, rye bread, apricots            | 29. Chicken breast filet, rice pilaf, peas & carrots, wheat roll, pineapples     | 30. Vegetable lasagna, carrots, garlic stick, mandarin oranges               | 31. Potato crunch fish, baked potato, green beans, wheat rolls, pears  |                                                                          |
|                                                                        |                                                                     |                                                           |                                                                                  |                                                                              |                                                                        |                                                                          |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You **MUST** call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Thursdays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m. - 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.



Director Michelle Ramalho & volunteer Shirley Kiernan holding the donation created by the VFW Post 662 ladies Auxiliary.



Happy Anniversary to John & Marion King. COA would like to thank Mr. & Mrs. King for sponsoring DJ Garabedien's performance.

### **What You Should Know About the National Do Not Call Registry**

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. You can register your home or mobile phone for free at 1-888-382-1222.

Scammers have been making phone calls claiming to represent the National Do Not Call Registry. The calls claim to provide an opportunity to sign up for the Registry. These calls are not coming from the Registry or the Federal Trade Commission, and you should not respond to these calls.



### **SICK & TIRED OF PAIN???**

Med Strive Can Help!

Join us for information, snacks and fun !

Monday October 27th

TIME: 10:30 am

Senior Residents you can be ... **HAPPY, HEALTHY & INDEPENDENT**

Do you have pain during cleaning, standing or sitting? We provide information to help you. We provide many tips and items that can help relieve pain and encourage independence. Helps limit the amount of pain medication. If requested, we will get the prescription from your doctor

We make house calls so you don't even have to leave your home. Highly respected nation wide. Covered under your Medicare

ENJOY SOME RELIEF WITH SOME ITEMS WE ALSO OFFER:  
Lower Back Supports, Knee Stabilizing Supports, Arthritic Gloves,  
Wheel Chair Cushions, Ankle Supports, Ankle Gauntlets, Seat Lift

## **Tufts Medicare Preferred Information Table**

Friday, October 10th,  
9:00 am—12:00 pm  
Tuesday, November 4th,  
10:00 am—12:00 pm

Are you a current member looking to check on your benefits? OR are you looking for new plan choices?

Ask Gerald!

## **Personal Computer/ Tablet Assistance with Pierre**

Fridays 9:30—11:30 am

Virus Clean-up on the last Friday of the Month by appointment



## **CTI Bone Builders Class**

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

**OPENINGS AVAILABLE!**

See Calendar for dates & times

Call 978-674-1172 to register

**\*Doctor's approval REQUIRED\***

# PUZZLES & MORE...

## Halloween History & Origin

Halloween is the one of the oldest holidays still celebrated today. It's one of the most popular holidays, second only to Christmas. While millions of people celebrate Halloween without knowing its origins and myths, the history and facts of Halloween make the holiday more fascinating.

Some people view Halloween as a time for fun, putting on costumes, trick-or-treating, and having theme parties. Others view it as a time of superstitions, ghosts, goblins and evil spirits that should be avoided at all costs.

As the Christian debate goes on, celebrating Halloween is a preference that is not always viewed as participating in an evil holiday. Halloween is often celebrated with no reference to pagan rituals or the occult.



Halloween is on October 31st, the last day of the Celtic calendar. It was originally a pagan holiday, honoring the dead. Halloween was referred to as All Hallows Eve and dates back to over 2000 years ago.

All Hallows Eve is the evening before All Saints Day, which was created by Christians to convert pagans, and is celebrated on November 1st. The Catholic church honored saints on this designated day.

While there are many versions of the origins and old customs of Halloween, some remain consistent by all accounts. Different cultures view Halloween somewhat differently but traditional Halloween practices remain the same.

Halloween culture can be traced back to the Druids, a Celtic culture in Ireland, Britain and Northern Europe. Roots lay in the feast of Samhain, which was annually on October 31st to honor the dead.

Samhain signifies "summers end" or November. Samhain was a harvest festival with huge sacred bonfires, marking the end of the Celtic year and beginning of a new one. Many of the practices involved in this celebration were fed on superstition.

The Celts believed the souls of the dead roamed the streets and villages at night. Since not all spirits were thought to be friendly, gifts and treats were left out to pacify the evil and ensure next years crops would be plentiful. This custom evolved into what is celebrated today as "Trick-or-Treating."

## Answers pg.15

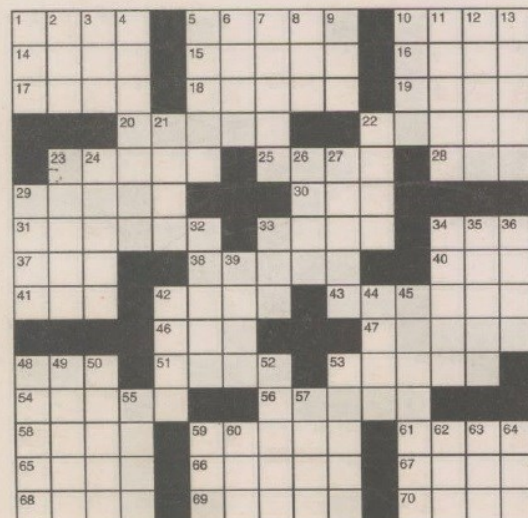
### ACROSS

1. Hit sharply
5. Tunnel
10. Saloons
14. Curly greens
15. Brawl
16. Forget
17. Concept
18. Wear away
19. Volcanic fluid
20. Break violently
22. Earth-moving machine
23. Harpoon
25. Askew
28. Earlier than, in poems
29. Oak starter
30. Gardening device
31. Ship
33. Hearty laugh
34. Confusion
37. Know the \_\_\_\_ and outs
38. Sources of energy
40. Crop
41. Low grade
42. Be next to
43. Office worker
46. Corn-ear center
47. Roof parts
48. Had a bite
51. Time divisions
53. Filthy places
54. Ladder steps

56. Ordinary
58. Car race
59. Decay
61. Tortilla treat
65. Look like
66. Fragrance
67. Watched carefully
68. Makes a misstep
69. Jabbed
70. Coarse grass

### DOWN

1. Use snow runners
2. Roll of cash
3. Brewery specialty
4. Jesters
5. Blur
6. His and \_\_\_\_
7. Honolulu hello
8. Gave lunch to
9. Shirt style
10. \_\_\_\_ tie
11. Astound
12. Amazon or Nile
13. Fixed gaze
21. Filly's feature
22. One who colors
23. Play episode
24. Sheriff's gang
26. "For \_\_\_\_ the Bell Tolls"
27. Swelter
29. Anxious
32. Work
33. Decay
34. Breathing
35. Medicates
36. Picks
39. Band instrument
42. Top cards
44. Abominable Snowman
45. Artist
48. Stand
49. Radio part
50. One who finishes
52. Scare
53. Cobb or Caesar
55. Exercise places
57. Sour green fruit
59. Tree's fluid
60. Not con
62. Vote in favor
63. Average grade
64. Different





**Technologies That Improve the Lives of Seniors ---** Pendants you press in case of a fall have existed for some time, but a new device being used at the Senior Living Communities doesn't require a button. Instead, it senses the motion of the fall of the wearer, and signals the recipient with the wearer's general location. This is one of many new technologies now improving the lives of seniors. For individual use, there are now internet games that can help improve cognitive skills. For caregivers, there are online matching services. There are even several programs for communication that can help keep seniors from being socially isolated, a major cause of depression. Dallas News 8/2014

**Computer Games Better Than Medication in Treating Elderly Depression ---** Clinical depression affects many members of the older population. In a small study, researchers tested participants with depression age 60-89, who played 30 hours of computer activities over the course of four weeks. The study found that playing certain computer games was just as effective at reducing depression in older patients as the commonly prescribed antidepressant (brand name Lexapro), and in four weeks versus 12. The games also outperformed medication in terms of improved thinking skills, which are also linked to depression. Fox News, August 8/2014

**50 Over 50: Career Reinvention ---** Huffington Post and The Today Show have started a series known as "50 Over 50" in which 10 extraordinary older people are nominated by readers for each part. Pegi Burdick, now 65, re-launched her career at 57 with a financial counseling business, and helps homeless female veterans through Operation

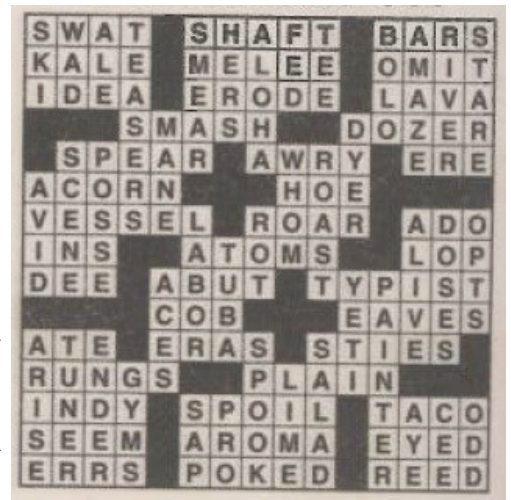
Welcome House. In 2009, at age 64, Richard Fahey visited Liberia for the first time since college and subsequently retired from his 40 year career as an environmental lawyer to found the Liberian Energy Network and provide thousands of lights across the country. Karen Love worked in the news media for 34 years before she went back to earn a Sociology degree and Master's degree at age 65. Now 68, she's become the outreach coordinator for Community Connections-- an organization to enhance the lives of Seniors. Huffington Post, 8/2014

**Acting Against Aging: The Theatre Group Helping Older People Stay Creative ---** People are now living longer, and for many, a whole third of their lives will take place past retirement. One method that has helped many slow mental decline, keep spirits up, and find companionship is community improvised theatre. The Curtain Up Players began such a group for those over age 50. There is no script, but the 13 actors have rough ideas of scenes in which they can improvise. As one cast member remarked: "The group stretches my ability to communicate with people, which when you are on your own you forget." The Guardian, 7/ 2014

**People Who Feel They Have a Purpose Live Life Longer ---** People with a sense of purpose in life have a 15 percent lower risk of death, compared with those who feel aimless, according to the Midlife in the United States (MIDUS) study, funded by the National Institute on Aging. But this news isn't bleak, because the study also showed that this benefit was present whenever people found a purpose, be it in their 20's, 50's or 70's. The analysis accounted for age, gender, and other factors of well-

being, but the importance of a sense of purpose was still significant. Often individuals gain purpose by making something that is appreciated by others, like music, dance, visual arts, and writing. KBWU TV-8/2014

**Why Creative People Age Better ---** While there have long been indications that people who express their creative talents tend to do better in areas of health, scientists have previously struggled to find definitive connections between the two. While some great artistic geniuses died at a younger than average age, experimentation, openness to new ideas, and flexibility in dealing with changes are the essence of creativity, and also the crucial ingredients for healthy cognitive aging. Even just loving to read, attending art performances, and keeping stimulating social ties can yield enormous benefits. Huffington Post Canada, 8/2014



puzzle page 14



## Family Finance Solutions Program

*Building Communities...Changing Lives*

### KEEPING YOUR CREDIT CARDS SAFE

Do you know that being a hacker is a full time job now-a-days? It's not a legal one of course, but hackers are real, out there, and make it their job to sneak into our personal accounts. There are incidents that are beyond our control such as when hackers get into a big company's system to steal information such as what has recently taken place with Home Depot and at Target last year. The idea is not to live in panic and hide in your closet but to be as alert and prepared as possible.

Here are a few tips to help you keep your credit cards safe. If you have any questions, give us a call- Natalia Monsalve 978-654-5725/ Gail Fortes 978-654-5676

Don't give your account number over the phone unless you've initiated the call

Get a card that has added security features, like a photo ID if possible or write the words *check ID* in your card.

Never write your account number or PIN on the outside of an envelope, or anywhere visible to others.

Draw a line through blank spaces on charge slips above the total to prevent any changes.

Save receipts, review, and compare them against your monthly statements. If anything looks fishy, report it within 60 days of the statement's mailing date.

Make a list of card numbers, expiration dates, and the toll-free numbers of your credit card companies. Keep this record in a safe place, separate from where you keep your cards. Use this information if you ever have to report your cards lost or stolen.

Carry only the cards you need (1-2) especially when traveling.

Never lend your card to anyone, and don't leave cards or receipts visible to others.

When purchasing online, verify that you are using a secure website. (a secure website will have a picture of a lock somewhere visible)

Shred, Shred, Shred. Your trash is a hacker's treasure.

Gratitude and acknowledgement goes out to the many intuitions, origina-tions, medical groups and agencies including the City of Lowell Emergency management, fire, Community Teamwork, Lowell Wish Project and police in addition to the state's Fire Marshall and their investors for all the many hours they worked following the recent tragic fire on Branch Street that displaced numerous residents, including seniors and the loss of life to others. The senior center would also like to recognize (at right) Mayor Rodney M. Elliott and Linda Hin COA Minority Outreach Coordinator at the City of Lowell Senior Center for helping the victims get back to normalcy the lives of those displaced.



New Bike Rack!

Michael Hancock takes advantage by locking his bicycle on the new bike rack outside of the Lowell senior center entrance.



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 Lowell, MA 01854

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[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL,  
 THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

### Seniors! Pass this Quiz and You May Save Money on Medications!

- |     |    |                                                                                                       |
|-----|----|-------------------------------------------------------------------------------------------------------|
| YES | NO | Did you have <b>NEW</b> medications during 2014?                                                      |
| YES | NO | Were you happy with the <b>COST</b> of your medications this year?                                    |
| YES | NO | Did you know that Medicare drug plans have <b>SPECIAL DEALS</b> with some pharmacies to lower costs?  |
| YES | NO | Did you make an <b>APPOINTMENT</b> with your SHINE counselor yet to find the best drug plan for 2015? |

If you answered ... NO to **any** of the above, don't miss out on saving money!

**Open enrollment for Medicare drug plans runs from October 15th to December 7th.**

**Call Tara at 978-674-1172 to schedule an appointment with our SHINE counselor.**